



Intentionally  
Creating a Brighter,  
Safer Future

## **Presbyterian Hospitality House Local Wellness Policy**

**Mission:** The Mission of Presbyterian Hospitality House is to help correct the problems of youth from the Northern Region of Alaska so they may be successful citizens and contribute to the social and well-being of their community. Presbyterian Hospitality House utilizes the Teaching Family Model to promote positive change.

**Brief explanation:** On June 30, 2004 Congress passed Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires local education agencies to develop policy that addresses the growing problem of childhood obesity.

Presbyterian Hospitality House Board of Directors recognizes that Residential Treatment Centers are in a position to promote healthy lifestyle choices to residents that can affect their lifelong wellness. Therefore Presbyterian Hospitality House will provide environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Presbyterian Hospitality House will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and meal programs.

### **Nutritional Goals**

- PHH residents receive nutrition education that is interactive and teaches the skills they need to adopt healthy lifestyles.
- Nutrition education is offered in the dining room as well as family conference, with coordination between the Teaching Parents, Teaching Parent Assistants, and staff.
- Residents receive consistent nutrition messages and integrated into daily teachings.
- PHH links nutrition education activities with physical education activities.
- Staff who provide nutrition education have appropriate training.
- PHH will conduct nutrition education activities and promotions that involve parents/guardians, youth, and the community.

### **Physical Activity Goals**

- Residents are given opportunities for physical activity on a daily basis.
- Residents are given opportunities for physical activity through but not limited to, intramurals, interscholastic athletics, and physical activity clubs when appropriate.

- Presbyterian Hospitality House creates ways for students to walk or bike for recreational activity.
- PHH encourages parents and guardians to support youth participation in physical activity, to be physically active role models, and to include physical activity in family events.
- PHH provides training to Teaching Parents, and other staff to promote enjoyable, lifelong physical activity among residents.

## **Nutritional Standards**

- PHH sets guidelines for foods and beverages served in the program on residential premises.
- There are no foods or beverages sold in vending machines on PHH premises.
- PHH sets guidelines for foods and beverages sold as part of program-sponsored fundraising activities.

## **Other Program Activities**

### **-Dining Environment**

- PHH provides a clean, safe, enjoyable meal environment for residents.
- PHH provides enough space and serving areas to ensure all students have access to meals with minimum wait time.
- PHH has water faucets available in all program facilities, so that residents can get water at meals and throughout the day.
- PHH encourages all residents to participate in meals and meal planning.

### **- Time to Eat**

- PHH ensures an adequate time for students to enjoy eating healthy foods with peers.
- PHH schedules lunchtime as near the middle of the day as possible.

### **- Food or Physical Activity as a Reward or Punishment**

- PHH prohibits the use of food as a reward or punishment.
- PHH does not deny student participation in physical activities as a form of discipline.

### **- Consistent Activities and Environment**

- PHH provides opportunities for on-going professional training and development for staff in the areas of nutrition and physical education.
- PHH makes available physical activity facilities for residents when the weather does not permit outside activity.
- PHH encourages parents, staff, administrators, residents, and community members to serve as role models in practicing healthy eating, and being physically active both in treatment and at home.
- PHH encourages and provides opportunities for students, staff, and community volunteers to practice healthy eating and serve as role models.
- PHH encourages all residents to participate in the meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.